







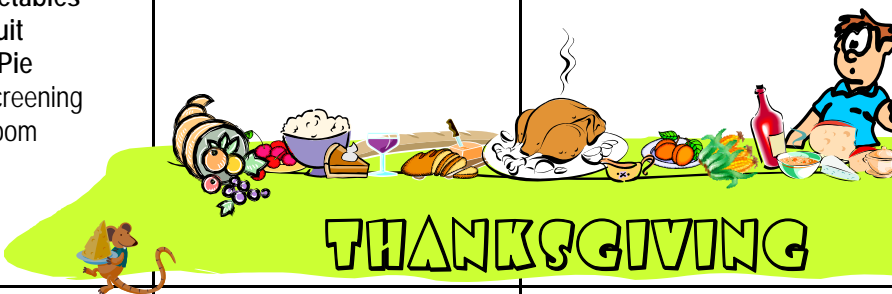
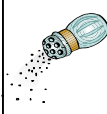


# NOVEMBER 2010 LUNCH MENU & ACTIVITIES

Mon	Tue	Wed	Thu	Fri
<b>1</b> 10:30 Dancing, lunch room <b>11:45 LUNCH MENU</b> Sesame Orange Chicken Brown Rice  Green Salad Orange 1:00 Big Bingo	<b>2</b> 9:00 CTAP Hearing Screening 10:30 Dancing w/ Jan & Duane <b>11:45 LUNCH MENU</b> Salmon Fillet Brown Rice & Steamed Spinach Minestrone Soup Apple 1:00 Movie: The Last Station	<b>3</b> 10:30 Line Dancing, lunch room <b>11:45 LUNCH MENU</b> Beef Stroganoff  Whole Grain Roll Chilled Broccoli Salad Fruit 12:45 Bingo, lunch room	<b>4</b> 8:30 Notary Service 10:00 VTA Transit Cards <b>11:45 LUNCH MENU</b> Chicken Pot Pie (vegetarian available) Confetti Coleslaw Banana 1:30 SALA Appointments	<b>5</b> 10:30 Blood Pressure Check 10:30 Dancing w/ Anna & Irv <b>11:45 LUNCH MENU</b> Spaghetti w/ Meatballs Sautéed Fresh Broccoli Marinated Salad w/ olives, cucumbers and red bell pepper Pineapple 1:00 Movie: The Last Station
<b>8</b> 10:30 Dancing, lunch room <b>11:45 LUNCH MENU</b> Korean B.B.Q. Beef Brown Rice  Potato Salad Sesame Parmesan Zucchini Mandarin Oranges 2:00 Hearing Screening	<b>9</b> 8:30 HICAP 9:15 Eyeglass Repair 10:30 Book Club - "American Wife" 10:30 Dancing w/ Jan & Duane <b>11:45 LUNCH MENU</b> Chicken Asparagus Pecan Pasta  Tossed Green Salad Tropical Fruit Cup 1:00 Movie: Valentine's Day 1:00 Workshop: Is it Alzheimer's?	<b>10</b> 10:30 Line Dancing, lunch room <b>11:45 LUNCH MENU</b> Breaded Fish Fillet Whole Grain Roll Sautéed Cabbage and Carrots Sautéed Mushrooms Orange 12:45 Bingo, lunch room	<b>11</b> <b>VETERAN'S DAY HOLIDAY</b> 	<b>12</b> 10:30 Blood Pressure Check 10:30 Dancing w/ Anna & Irv <b>11:45 LUNCH MENU</b> Chicken Cacciatore Spinach Fresh Fruit 1:00 Movie: Valentine's Day
<b>15</b> 10:30 Dancing, lunch room <b>11:45 LUNCH MENU</b> Baked Fish w/ Seasonings Whole Grain Roll Seasoned Broccoli Sweet Potatoes Fresh Fruit 1:00 MV Seasoned Travelers Meeting 2:00 Newcomers' Group	<b>16</b> 10:00 Workshop: Pillowcase Making 10:30 Dancing w/ Jan & Duane 11:00 CSA Information + Referral <b>11:45 LUNCH MENU</b> Boneless Pork Chop Whole Grain Roll Garden Salad Vegan Split Pea Soup Tangerine & Sugar-Free Jello 1:00 Movie: Shutter Island	<b>17</b> 10:00 Podiatry Screening 10:30 Line Dancing, lunch room <b>11:45 LUNCH MENU</b> Chicken Enchiladas Mexicali Corn w/ Bell peppers  Parsley Buttered Carrots Tropical Fruit Cup 12:45 Bingo, lunch room 2:00 Senior Advisory Committee Meeting	<b>18</b> 11:15 Trans-Fat Free Campaign Activity "Choose Foods with 0 Grams Trans Fat" <b>11:45 LUNCH MENU</b> Egg Frittata  Croissant Salad Three Bean Salad Pineapple 1:30 SALA Appointments	<b>19</b> 10:30 Blood Pressure Check 10:30 Dancing w/ Anna & Irv <b>11:45 LUNCH MENU</b> Swedish Meatball: Baked Tomato  Spinach Salad Banana Celebrating November Birthdays w/ Birthday Cake 1:00 Movie: Shutter Island <b>Don't Forget to buy raffle tickets for the Holiday Bazaar tomorrow!</b>

Mon	Tue	Wed	Thu	Fri
22 10:30 Dancing, lunch room 11:45 LUNCH MENU Oven Roasted Chicken Breast w/ mushroom gravy Brown Rice Sautéed Fresh Broccoli & Cauliflower Peaches	23 9:15 Eyeglass Repair 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Chinese Pepper Steak Fried Brown Rice Oriental Vegetables Spinach & Banana 1:00 HICAP 1:00 Movie: The Bounty Hunter 1:00 Workshop: Filing for Medicare	24 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Thanksgiving Turkey Whole-wheat stuffing (low-sodium) Sweet Potato Seasonal Vegetables Fresh Fruit Pumpkin Pie 12:30 Alzheimers' Screening 12:45 Bingo, lunch room	25  26  <div>SENIOR CENTER CLOSED FOR</div> <div><div>THANKSGIVING</div></div>	
29 10:30 Dancing, lunch room 11:45 LUNCH MENU Beef Stew Whole Grain Bread Garden Salad w/ Broccoli Sugar-Free Jello w/ Pineapple	30 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Teriyaki Chicken Brown Rice Sautéed Asparagus Corn Orange 1:00 Movie: Remember Me	<div>NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.</div> <div> = Meal contains more than 1000mg sodium</div>		